

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:****Claims 1-16 (Cancelled)**

17. (Currently Amended) A board for gliding having a central underfoot zone for receiving the foot of a user, a front zone extending from the underfoot zone to a front tip of said board, a rear zone extending the underfoot zone to a rear tip of said board said board including:

a lower assembly comprising a gliding sole and edges;

an upper assembly comprising a protective upper layer and an upper reinforcement layer;

an intermediate core placed between the lower and upper assemblies;

a plate mounted in the underfoot zone above the upper assembly of the board, said plate having at least one layer of elastic or viscoelastic material over at least one of its faces and being capable of being displaced in the direction toward the lower assembly through the effort of pressure exerted by the user's foot; and

at least one longitudinal rigid arm extending into said at least one layer of said plate downwardly and forwardly from said underfoot zone through the upper assembly, such that the front end of said at least one longitudinal rigid arm contacts the lower assembly wherein the force exerted by the user's foot is transmitted from the plate forwardly and downwardly to the lower assembly of the board.

**Claims 18-19 (Cancelled)**

20. (Previously Presented) A board according to claim 17, including at least one longitudinal rigid arm extending downwardly and rearwardly from said underfoot zone.

21. (Previously Presented) A board according to claim 20, wherein said at least one downwardly and rearwardly extending longitudinal rigid arm includes a pair of parallel arms, said pair of arms being offset from one another transversely and located to the rear of the underfoot zone.
22. (Previously Presented) A board according to claim 17, wherein said at least one forwardly and downwardly extending longitudinal rigid arm includes a pair of parallel arms, said pair of arms being offset transversely and located to the front of the underfoot zone.
23. (Withdrawn) A board according to claim 21, wherein said pair of arms are covered with a layer of elastic material permitting said arms to be displaced relative to said intermediate core.
24. (Withdrawn) A board according to claim 22, wherein said pair of arms are covered with an elastic material permitting said arms to be displaced relative to said intermediate core.
25. (Withdrawn) A board according to claim 17, wherein said at least one longitudinal rigid arm is housed within a corresponding sheath in order to permit said at least longitudinal rigid arm to be slidably movable.
26. (Withdrawn) A board according to claim 17, wherein said at least one longitudinal rigid arm includes an axis of revolution.
27. (Withdrawn) A board according to claim 17, wherein said at least one longitudinal rigid arm is configured in the form of a blade having a rectangular section, wherein the larger side of said rectangular section is oriented perpendicularly to the sole of the board.